



*Human Services Department/ Youth & Family Services* What interns say about the  
experience at YFS 2012-2013  
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**What our interns/trainees have to say about their experience at  
City of Fremont  
Youth and Family Services**

Listed below are comments made by interns over the past five years in response to different questions we ask them to respond to as they complete their internship with us. The years listed in parentheses tell you which internship year the responses came from. For more information about the program, email **Laurie Linscheid at llinscheid@fremont.gov**

**What did you find most valuable about this placement? (2013-2014)**

- The supportive staff and supervisors
- Supervision and how to build alliances with families while still being able to direct regarding client's needs
- I found great value in the staff here at YFS. I feel like everyone who works in this building is so open to offering help. I always felt like my needs were met
- Observing how a training program at a community agency is effectively run, learning about child development from perspectives of both the child and the parents
- Supportive staff and supervision, the atmosphere is fun and open
- Being introduced to medi-cal and the auditing process which teaches us to be more meticulous with our paperwork, having had the opportunity to meet with a variety of clients and families and to work with many professional and academic counselors in Fremont
- The group supervision was a good resource for support and sharing ideas and resources
- Learning how to do Medical paperwork, excellent supervision
- I appreciated the broadness of issues and families that I worked with. I found the training valuable and I really liked working with families as much as possible
- Excellent supervision, support, and training; very well-organized and I was clear on what was expected of me
- The therapeutic relationships I developed with clients and being challenged by some of the cases; also it was valuable to be placed at the Kennedy HS and receiving the professional support from the school personnel and Nicole
- Although paperwork is intensive, I believe this skill is valuable for future internships/employment. As an intern, I learned quickly the importance of documentation and deadlines
- Learning and practicing play therapy and getting experience working with families; learning how to complete Medical paperwork
- Supportive, thorough, very helpful; I always felt comfortable and had all of my questions answered
- The support and encouragement from staff (individual and group supervisors in particular); also good availability of office space

### **Did this internship meet your expectations? (2012-2013)**

- Absolutely! Loved it! Beyond my expectations!
- More than exceeded my expectations! Overall this was an excellent training experience – an incredibly diverse and challenging client population; really supportive, caring, professional and insightful staff and devoted practicum students.
- I wish I could stay another year
- The paperwork was much more than I expected but the clients, training events and supervision was exactly what my practicum needed.
- I learned a great foundation for being a clinician. From start to finish I felt supported from the whole staff.
- From different populations and case variation I earned many experiences
- It exceeded my expectations! Loved the support and well-rounded education
- I gained a lot of valuable experience in work with individuals, kids, families.
- I felt very secure and supported in all my cases. I felt very comfortable in going to my supervisor if I felt overwhelmed.
- Exceeded my expectations.
- YFS has been great. I'm certainly going to consider a career in child and family therapy.
- Had good breadth of experiences that help me feel up to future challenges.
- Of course! I'm very glad I decided to stay a second year.
- Absolutely! I appreciated the diversity and the great supervision and trainings. Very well organized.
- I feel like I got good experience by working both my school site and the clinic.
- Overall, I have had a very good experience with the solid training, clinical opportunities, and personable staff/clinicians here at YFS. I feel I have learned a lot about working with children with a wide variety of difficulties and I look forward to more work with children.
- The internship went beyond my expectations and I am very pleased to have worked here for the past year. The staff was really supportive and helpful and the supervisors were available for consultation when needed and responded promptly in a professional way.

### **Feedback regarding your group supervision: (2011-2012)**

- I really enjoyed group supervision; everyone was so positive, supportive and open. I really enjoyed the hands on activities
- I learned a lot from hearing other intern's experiences and feedback. My group supervision provided a safe environment for the group to discuss clinical cases and struggles related to the clinical work.
- Helen was always well-prepared, engaged, approachable and supportive!
- Good camaraderie among group members
- Enjoyed group as well. She gave me hands on interventions and support for growth.
- It is a great learning and supportive environment.

- Although we had different supervisors from beginning to end (maternity leave), it was a great experience
- My group supervision was very supportive and helped me provide a different perspective on my clients
- It has been a great pleasure to be a part of the group
- Good overall
- I loved group supervision and felt very much supported.
- It was great to hear how everybody's experiences were both different and similar
- The best ever! I gained an incredible amount of insight from everyone in the group.

### **Feedback regarding what you found most valuable about the internship: (2010-2011)**

- Individual and group supervision, case consultation and diversity of cases
- I found the experience of counseling to be the most valuable followed by individual supervision
- This site is well organized, supportive, has a good culture. I also had a great school site and good clients.
- The experience working with kids, treatment planning and progress notes. Supervision was the most valuable.
- The support I received from my supervisors with case conceptualization, risk and suggestions for implementation of interventions.
- Supervision and exposure to EPSDT (MediCal) paperwork...well some of it! I also found that I love facilitating groups.
- Supervision mainly, but group as well, and trainings
- The time I spent with the kids at the school was invaluable. I learned and grew so much along with them.
- I appreciated having the opportunity to work with younger children using play therapy techniques. I also found the paperwork, especially the MediCal forms to be a great learning experience.
- This is a positive work environment. The staff utilizes a collaborative approach. I felt that it was ok to make mistakes and that I was not expected to know everything.
- The trainings were relevant and useful in my work. I also appreciated the diversity of experiences from school based to clinic to parent psycho-education groups.

### **Feedback about your individual supervision: (2009-2010)**

- My individual supervision could not have been better. My supervisor was really supportive especially when involved with clients or cases that were really difficult and overwhelming at times. She also provided a lot of materials to review that helped shed light on what I was seeing in clients. Her own experiences really helped when dealing with things in counseling that I had no experience with. And she had a way of helping me to discover my own resistances to therapeutic interventions that would be and were helpful to clients. And she managed to do this without making me feel in any way inadequate.

- I was good, helpful and informative. I really like how open the supervisors are to being contacted and supporting/consulting. Supervisor was always quick to give feedback and help.
- My supervisor was an amazing and wonderful supervisor. She gave me excellent advice and feedback regarding clients and was very encouraging and supportive about the work that I was doing with clients. This allowed me to feel confident in the interventions and therapy work that I did with clients. I also loved her energy and I felt that we had a really sweet connection.
- I appreciated being able to have support and be able to contact the supervisor via email and cell if I needed to consult between supervision meetings.
- Flexible, supportive, helpful
- I felt supported completely and had excellent guidance and feedback
- This has been a tremendous help in getting me accustomed to the unique ways of doing clinical writing (treatment plans, progress notes).
- I look forward to my individual supervision each week. I appreciate the scaffolding provided by my supervisor when it comes to the many responsibilities that come with this internship, and am especially thankful for all the times she's pointed out areas of intervention or paperwork that I have missed.
- Great supervision. I learned so much about myself as a therapist.
- Phenomenal! Was made to feel a part of the team and made to feel like my work was important, even when I doubted myself. My supervisor knew exactly how to push the envelope and lend support.
- I felt that individual supervision was helpful, although I would have liked more structure.
- Very helpful and allowed me to lead according to my training needs.
- My supervisor was awesome.
- It was great, very encouraging and supporting. Felt like it was helping me as a person/therapist, too. Could off-load on my supervisor and he was always there to listen. Appreciated the constructive feedback.
- I had quite a few insights from individual supervision and processed transference and counter-transference. Supervisor provided a very safe and warm environment for me to process my personal and professional growth.
- It was great! My supervisor was very flexible and supportive. I felt like she was always there when I needed her.
- Appreciated the balance of nurturing approach but also holding me accountable of work.
- My supervisor was very supportive and helped build my confidence and my professional/clinical skills.
- Very helpful. Always available. Made me feel safe. Thank you.
- Excellent. I felt listened to and respected, even when I made mistakes.
- I felt challenged, supported and as if my clinical judgment was trusted - felt like my supervisor always had confidence in my abilities as a clinician.
- My supervisor was always organized and ready to listen to my case discussions. She encouraged me to come to answers/solutions on my own while offering guidance when needed. She obviously had years of experience and I trusted her judgment in all situations.